



KINROSS WOLAROI SCHOOL

SENIOR SCHOOL SPORT CHOICES

WINTER SEASON: TERM 2 & 3 2023

The following are the choices available for students for the 2023 Winter Season.

All students must make ONE choice.

Some of these sports have capped numbers. Please ensure you choose your sport by the due date to avoid disappointment. Please be aware that we can only fill in the sport places where other students have left gaps.

WINTER SPORT 2023	DESCRIPTION
RUGBY (Boys)	<p>KWS plays in the ISA Rugby competition. Players are expected to make school games their priority.</p> <p><u>Training:</u> Tuesday and Thursday afternoons.</p> <p><u>Games:</u> are on Saturdays and can involve travel to Sydney several times during the season. Buses for Sydney games can leave any time from 5.30am and return any time up until 9.30pm.</p> <p><u>Equipment/ Uniform:</u> Mouth guard (compulsory to take the field), football boots, KWS Rugby jersey, shorts and socks.</p> <p><u>Further Information:</u> MIC of Rugby, Mr Matt Tink mtink@kws.nsw.edu.au</p>
FOOTBALL	<p>KWS plays in the Junior and Senior Local Grade Competition.</p> <p><u>Training:</u> Football involves training at school on Tuesday and Thursday afternoons.</p> <p><u>Games:</u> Grade Competition matches are played on Saturdays and can be played in Orange or surrounding areas (eg Blayney, Bathurst, Molong).</p> <p><u>Uniform/ Equipment:</u> Football boots (studded), KWS Football shirt, shorts and socks.</p> <p><u>Further Information:</u> MIC of Football, Mr Matt Smedley msmedley@kws.nsw.edu.au</p>



HOCKEY	<p>KWS teams play in the Local Junior and Women's Grade Competition.</p> <p><u>Training:</u> Training is on Monday, Tuesday and Thursday afternoons on turf at the Orange Hockey Centre</p> <p><u>Games:</u> Games are also played at the Orange Hockey Centre, generally on Friday afternoon/evenings, but can also be played on Saturday or Sunday, depending on team.</p> <p><u>Equipment/Uniform:</u> Mouth guard (compulsory to take the field), shin pads, hockey stick and KWS hockey uniform.</p> <p><u>Further Information:</u> Head of Sport, Joe Priest jpriest@kws.nsw.edu.au or Co-curricular Administrator, Kelly Gleeson kgleeson@kws.nsw.edu.au</p>
NETBALL	<p>KWS teams play in the local Competition.</p> <p><u>Training:</u> is on Tuesday and Thursday afternoons and mornings at the KWS Netball courts.</p> <p><u>Matches:</u> are played on Saturdays at ANZAC Park</p> <p><u>Uniform:</u> KWS Netball uniform</p> <p><u>Further Information:</u> MIC of Netball, Mrs S Fardell sfardell@kws.nsw.edu.au</p>
PEDAL PRIX	<p>KWS will compete in Pedal Prix race in Murray Bridge, South Australia which is held at the end of Term 3. Please note: there is an additional cost associated with the trip to South Australia.</p> <p><u>Training:</u> 3 sessions per week: Tuesday and Thursday afternoons and Saturday mornings. All sessions start from KWS.</p> <p><u>Equipment/Uniform:</u> KWS sports uniform and pedal prix shirt</p> <p><u>Further Information:</u> Head of Sport, Joe Priest jpriest@kws.nsw.edu.au or Co-curricular Administrator, Kelly Gleeson kgleeson@kws.nsw.edu.au</p>
SENIOR SWIM SQUAD	<p>Seeks to provide a competitive swimming experience. Sessions will be conducted in the Eric Solling pool and training times are dependent on ability and squad placement.</p> <p><u>Further Information:</u> Mr Brandon Lawrence blawrence@kws.nsw.edu.au</p>
FITNESS (Senior students only)	<p>Only open to Senior students. Please note that this is subject to a maximum class size. Students will be allocated based on the timing of their response.</p> <p><u>Training:</u> 3 Sessions per week – Tuesday, Thursday and Saturday morning.</p> <p><u>Uniform Requirements:</u> KWS Sports uniform, or KWS Sports shirt with plain black/ navy exercise tights</p> <p><u>Further Information:</u> Head of Sport, Joe Priest jpriest@kws.nsw.edu.au or Co-curricular Administrator, Kelly Gleeson kgleeson@kws.nsw.edu.au</p>



ATHLETICS	<p>Seeks to provide athletics coaching to prepare students for ISA and CIS athletics. Sessions will be conducted on Monday and Tuesday afternoons on the Main oval and during some lunch times utilising the gym.</p> <p><u>Further Information:</u> Mr Ben Doyle bdoyle@kws.nsw.edu.au</p>
CATTLE TEAM	<p>KWS Cattle Team will prepare animals to participate in local shows and regional shows like the Sydney Royal Easter Show.</p> <p><u>Training:</u> TBC</p> <p><u>Equipment/ Uniform:</u> Work clothes appropriate for the cattle yards including leather shoes.</p> <p><u>Further Information:</u> Cattle Team Coordinator Laura Harris laharris@kws.nsw.edu.au</p>
GIRLS RUGBY 7s	<p>During Term 1, Weeks 4 – 9</p> <p>KWS will participate in a school-based Rugby 7's competition. Players are expected to make their Summer sport commitments their priority.</p> <p><u>Training:</u> Wednesday and Friday afternoons.</p> <p><u>Games:</u> are on Friday afternoons and can involve travel to Bathurst.</p> <p><u>Equipment/ Uniform:</u> Mouth guard (compulsory to take the field), football boots, KWS rugby shorts and socks.</p> <p><u>Further Information:</u> MIC of Rugby, Mr Matt Tink mtink@kws.nsw.edu.au</p>
<p>INTERNATIONAL STUDENTS: Please choose 3 sports preferences:</p> <p><u>Student Name:</u></p> <p><u>Sport preference # 1:</u></p> <p><u>Sport preference # 2:</u></p> <p><u>Sport preference # 3:</u></p> <p><u>Student Signature:</u></p>	